Family Readiness Plan

Our success lies in the Marine – Family Team

Let’s ensure our Families have the resources they need to operate effectively in their spouses absence.

Itinerary

- Welcome and Overview: LtCol Hellman and Maj Jernigan
- Family Team Building: Melanie Cloutier
- Administrative Issues: 1stLt Lamouria
- Key Volunteers Overview: Kelly Aiello
- Chaplain Edwards
- SgtMaj Henke
- Casualty Assistance: Maj Jernigan
- Operations in Iraq: Maj Wylie
- Company Staff Introductions
- Commanding Officer’s Comments
- Question and Answer

DEPLOYMENT READINESS

Melanie Cloutier

Deployment Readiness Coordinator

760-763-1337

Marine Corps Family Team Building

STEPS TO READINESS

- Communicate with your loved ones in advance about your feelings
- Complete a family care plan
- Discuss new roles and responsibility changes
  - Expectations
- Develop a budget; review finances
- Review and settle all legal matters
- Update I.D. Cards
- Enroll and/or verify your dependents' enrollment in DEERS

STEPS TO READINESS

- Establish personal e-mail access or use the internet located at base libraries or community centers
- Complete NMCRS pre-authorization form for your spouse
- Tricare/United Concordia
  - Verify your family member's enrollment

STEPS TO READINESS

- Provide other key family members with:
  - Your spouses Rank, Full Name & Social Security #
  - Unit mailing address
  - Ship’s name or deployment address
  - Unit’s hotline number 1-866-676-0662
  - Unit 24 hour Duty telephone #
  - Camp Pendleton’s website:
    - www.cpp.usmc.mil

STEPS TO READINESS

- Establish a “D” Allotment with the Disbursing Office pg. 47
- Establish an alternate PIN # with your spouse for My Pay

Take care of YOURSELF!

Your Child & Readiness pp. 22-26

- Your Child & Readiness
- Update all emergency records for your children
  - School Childcare provider
  - Obtain an emergency child-care provider
  - Complete an emergency card for your child's school bag

Emotional Cycle of Deployment pp. 16-21

Stage 1 Time Prior to Separation

-Crying at silly things unexpectedly, frustration, denial, and intense anxiety

Stage 2 Detachment starts at begin of SEPS

-Feel despair, out of control; desire to run away from situation; stop sharing thoughts

Emotional Cycle of Deployment

STAGE 3 Emotional Disorganization

- Shock when deployment arrives; overwhelmed; even relieved that saying goodbye is over

STAGE 4 Recovery and stabilization

- Happens about midway of deployment
  "Hey, I am OK!"

Emotional Cycle of Deployment

STAGE 5 Anticipation of Homecoming

- Excited, but feel you're not ready for the homecoming , will he have changed?

STAGE 6 Re-negotiation of Marriage Contract

- May still feel distance and have trouble sharing decisions or talking to each other.

Emotional Cycle of Deployment

STAGE 7 Reintegration and stabilization

- establishment of new routines
- both partners begin to feel secure, relaxed and comfortable.

MARINE CORPS FAMILY TEAM BUILDING (MCFTB) PROGRAMS pp. 27-29

- Key Volunteer Network (KVN)
- Deployment & Readiness Support (DRS)
- Lifestyle, Insights, Networking, Knowledge & Skills (L.I.N.K.S.)
- Prevention & Relationship Enhancement Program (PREP)
- Chaplains Religious Enrichment Development Operation (CREDO)
- Spouses' Leadership Seminar (SLS)

MCFTB Programs Telephone Numbers pg. 70

General Information 760-725-9052

KVN	760-725-6637
DRS	760-763-1337
LINKS	760-725-2335
PREP	760-725-4954
CREDO	760-725-4954
SLS	760-725-9052

MCFTB is Located in Bldg. 1344

MCFTB
Key Volunteer Network (KVN)
pp. 14-15

- Strengthens unit communities through family readiness education
- Supports unit Family Readiness Programs
- Key Volunteers Communicate
  - Welcome incoming families
  - Pass specific information from CO to families
  - Maintain current rosters
  - Provide accurate information and referrals
  - Share creative ideas of how to meet the unique challenges of military life

Key Volunteer Network

Your unit needs your help to make it's Key Volunteer Network the Best that it can be.

- BE an ACTIVE participant in the Key Volunteer Network
  - Ensure that command has your family's current information.
    - Home and work addresses, telephones numbers, e-mail address, emergency contact data, leave address etc.
  - **Offer your time and talents**

Unit Key Volunteer Networks Commander's Program

For additional information about your Key Volunteer Network contact:

Your Unit's Family Readiness Officer

760-725-7405

MCFTB, Key Volunteer Network

760-725-6637

MCFTB Deployment & Readiness Support (DRS)

Provides:

- Command support
- Readiness Education
- Pre-deployment Briefs & Fairs
- Consultations
- Return and Reunion Workshops
- Children’s Puppet Shows

MCFTB, DRS Return & Reunion Workshops!

- Opportunity for wives to *discuss, share, and learn*
- Learn *positive communication* techniques
- Discuss *Realistic Expectations of Homecoming and Reunions*

MCFTB
I&R and One Source
pp. 30-31

Provides: (*you name it*!)

- Maps, Guides, websites,& research
- Spousal support issues, assistance for active duty, reservists, retirees, widows
- Elder care, legal issues, financial matters, parenting, health and wellness, counseling, household help, everyday issues, etc.

Community Services Branch

(The Former Family Services Center)

pp.32-35

Community Services offers a wide range of services to *all* service members.

- I&R, One Source
- Financial Management Assistance
- Loan Locker
- Exceptional Family Member Assistance
- Life Skills Management, Transition Assistance, Career Focus

Community Services Branch

- New Parent Support Program Section
  - professional team of social workers and nurses who provide supportive and caring services to Marines Corps families with children ages five years and under.
    - Home Visitors
    - Baby Boot Camp
    - Parenting Classes

IMPORTANT SERVICES pp. 36-40

- Intervention and Treatment Branch
  - Licensed Clinicians
  - Victims Advocates
  - Counseling Services
- American Red Cross
- Navy Marine Crops Relief Society
  - Financial, educational assistance
  - PRE-AUTHORIZATION FORM
- DEERS

IMPORTANT SERVICES NUMBERS *pg. 70*

- WIC Supplemental Food Program
- SHARE (Inexpensive food for Community Service)
- TRICARE
- Your Community Family Housing Office
- Fisher Children’s Center -725-0845
- Military Outreach Ministries
  - 1-877-895-5942

Questions?

Key Volunteers Network (KVN)

Kelly Aiello

Our KVN and the Family Readiness Plan

Components of the Family Readiness Plan

- ***Network and Communication***
- ***Education and Training***
- ***Accurate information***
- ***Crisis support***
- ***Return Reunion***
- ***Lessons Learned review***

Administrative Concerns

1st Lieutenant Tony Lamouria,
Adjutant, 1st CEB

Money and Stuff!!
1stLt LaMouria

- Checklists and Planning forms pp. 5-13
- Pay
- Soldiers and Sailors Relief Act
- Power of Attorney
- Navy-Marine Corps Relief Society
- Red Cross Messages
- Miscellaneous

I MEF Family Readiness Network and Flow of Information

Commanding General I MEF

I MEF FRO

MCB CAMPEN resources

YMCA
NMRS
RED CROSS
WIA RECEPTION CTR
NAVAL HOSPITAL
CASUAL ASSISTANCE
PUBLIC AFFAIRS
OFFICE

MCB CPEN FRO/ MCFTE

CHAPLAIN SERVICES
GENERAL COUNSELING
CHILDREN, YOUTH & TEENS

MARFORRES FRO
IA (MARFORPAC)

11/13/15 MEU FRO

1ST MARDIV FRO

1st CEB FRO

MHG FRO

3RD MAW FRO

1ST FSSG FRO

I MEF FAMILY MEMBERS AND SIGNIFICANT OTHERS OF SINGLE

Pay
pp. 47-51

- My Pay https://mypay.dfas.mil/mypay.aspx
- ***Only a Marine*** can change an allotment via his S-1 or the My Pay website.
- An allotment may take up to 45 days to affect a member's pay, but all pay will be received to include backdated amount.
- LES can be retrieved through My Pay or the S-1
- Split Pay and "D" Pay

Pay
pp. 47-51

- Entitlements during this deployment
  - Family Separation allowance $250.00/mo
    Not counted until the 31st day of deployment
- Basic Allowance for Subsistence
- Temporary Additional Duty Pay

  Not counted until 30th day.
- Imminent Danger Pay, Hostile Fire Pay, Hazardous Duty Pay, Sea Pay

Service Members Civil Relief Act

pp.37

- Service members on active duty with provisions for spouse and children.
- Judicial and administrative proceedings in any court (not criminal proceedings)
- Property Lease, prorated rent termination
- 6% cap on *pre-military* interest debt
- Rental housing eviction
- Taxes

Power of Attorney

- General Power of Attorney
  - You are that person! Good for allotment and housing issues.
- Special Power of Attorney
  - You can only perform what is specified on paper.
- (case-by-case exceptions apply. Seek legal advice at Camp Pendleton Base Legal)

Navy-Marine Corps Relief Society
Pg. 37

- Financial Assistance for emergency needs.
- By appointment.

- Pre-authorization form
  - Only Marine or S-1 can turn it in.
  - Will not be accepted from spouse.

Red Cross Messages
Pg. 38

- Emergency Leave
  - Only the Command can authorize. Red Cross simply verifies emergency through appropriate authorities.
- Info Needed
  - Complete Military Mailing Address
  - Rank and SSN
- Speed of delivery depends on verification and locating information provided.

Miscellaneous

- Questions from KVN
- Great Questions! Keep asking. It helps us better prepare.

Chaplain Support

Lieutenant James Edwards,
Chaplain, 1st CEB

Battalion Sergeant Major

Sergeant Major Robert F. Hanke

Casualty Assistance Call Officer (CACO)

Major Mike Jernigan,
Executive Officer, 1st CEB

Our Operations in Iraq

Major Jay Wylie,
Operations Officer, 1st CEB

OIF-II Background

- **Marine Corps was issued “warning order” to deploy back to Iraq**
- **Goal: Security and Stabilization of Iraqi government, help Iraqi people recover from former regime’s policies of oppression and corruption (SASO)**
- **2003 holiday season will not be interrupted for most**
- **A division-sized Marine Air Ground Task Force (MAGTF) will deploy to Iraq.**
- **For some Marines this will be a return to Iraq, however, for many this will be there first time to Iraq.**

Iraq

- **Neighbors**:
  - Iran
  - Kuwait
  - Saudi Arabia
  - Jordan
  - Syria
  - Turkey

Iraq

Iowa

Missouri

Arkansas

Iraq

Nebraska

Kansas

Oklahoma

- 168,023 Square miles
- Slightly larger in area than Calif

What we’re going to do in Iraq…

Temperature

- December to March:
  - High: 65 degrees
  - Low: 40 degrees
- April to May
  - High: 75 degrees
  - Low: 45 degrees
- June to September
  - High: 105 degrees
  - Low: 70 degrees

1st Marine Division's Mission

- Perform Security and Stabilization Operations (SASO) in support of Operation Iraqi Freedom II.

- 1st Marine Division will be "No better friend" to the Iraqi people and "No worse enemy" to those that would wish us harm.

Our Mission

- Provide combat engineer support to the 1st Marine Division

- Conduct route clearance
- Assist with Force Protection measures

How We Have Been Preparing

- Division Training at March Air Force Base
- Embark of vehicles and equipment
- Some Marines selected for Language Training
- Classes on Iraqi Culture
- Improvised Explosive Device classes and practice
- Convoy classes and practice
- New Equipment

Company Introductions

- Bravo Company and Attachments
  - Captain Henry Heim, Commanding Officer
- Charlie Company and Attachments
  - Captain Mitchell Ball, Commanding Officer

Commanding Officer's Comments

Lieutenant Colonel Robert S. Hellman,

Commanding Officer, 1st CEB

QUESTIONS????

The more we know about your concerns, the better we can help.